

Mental Health First Aid

8-hour Course for Military Members, Veterans and their Families

March 17th, 2016 8am-5:30pm
DoubleTree Springfield
2431 North Glenstone Avenue
Springfield, MO 65803
Register at: <https://goo.gl/oNPEbt>

May 5th, 2016 8am-5:30pm
Adams Pointe Conference Center
1400 NE Coronado Dr.
Blue Springs, MO 64014
Register at: <https://goo.gl/m2TpCy>

April 14th, 2016 8am-5:30pm
DoubleTree Chesterfield
16625 Swingley Ridge Rd
Chesterfield, MO 63017
Register at: <https://goo.gl/ZrweXQ>

June 16th, 2016 8am-5:30pm
Stoney Creek Conference Center
2601 S Providence
Columbia, MO 65203
Register at: <https://goo.gl/IGfH40>

Family members and personnel working with **military and families** are often not aware of how to engage **veterans** with mental illnesses and addictions. In addition to the **impact of military service on the veteran**, each has a circle of family (significant other, children, parents, siblings, etc.) and friends who are also impacted by their military service.

Mental Health First Aid offers a simple, proven combination of information and techniques for effective interventions. A tailored module builds upon the effectiveness of the standard Mental Health First Aid curriculum by focusing on the **unique experiences and needs of the military, veteran and family population**.

REGISTRATION

MHFA is valued at \$160 per person, but this training is being brought to you at no cost by Missouri's Department of Mental Health. Advance registration is required and space is limited. Registration link below the training location.

Sometimes, first aid isn't a
bandage, or **CPR**, or the
Heimlich, or calling **911**.

Sometimes, first aid is
YOU!



ALGEE, the Mental Health First Aid Action Plan

- Assess for risk of suicide or harm*
- Listen nonjudgmentally*
- Give reassurance and information*
- Encourage appropriate professional help*
- Encourage self-help and other support strategies*

Questions concerning MHFA? Contact either
info@mhfamissouri.org 314.516.8419 or
MHFirstAid@dmh.mo.gov 800.575.7480.